

Parents for Healthy Schools

Track what you do and look for changes

Here are examples of changes that you may see or hear of from school staff or school group members after presenting the PowerPoint slides and sharing the *Ideas for Parents*.

Overall

Since you began using parent engagement strategies and resources, how often have parents:

	More often	Less often	About the same	Don't know	Not applicable
Participated in school health groups and committees (e.g., wellness committee)?					
Wanted to learn what's in the school improvement plan?					
Asked about the local wellness policy?					
Attended meetings, workshops, or training events offered by the school?					
Communicated with school staff and other parents about their child's health?					
Attended school events?					
Helped with in-school activities?					

School Nutrition Environment

Since you began using parent engagement strategies and resources, how often have parents:

	More often	Less often	About the same	Don't know	Not applicable
Asked for more information about "Smart Snacks" and plans for implementation?					
Shared ideas for healthy fundraising activities with school groups that regularly offer fundraisers (e.g., PTA/PTO, booster clubs)?					
Praised existing healthier fundraising efforts?					
Worked with other parents and school staff to provide special recognition for the school nutrition staff for serving healthy meals?					
Asked about ways to support the school cafeteria and meal programs?					
Brought healthy snacks (e.g., fruits, vegetables, whole grains) for birthday celebrations, or suggested or supported options for nonfood celebrations?					

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Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion



Physical Education and Physical Activity

Since you began using parent engagement strategies and resources, how often have parents:

	More often	Less often	About the same	Don't know	Not applicable
Discussed (e.g., via e-mail, in meetings) the importance of having opportunities for physical education programs to have student fitness assessments?					
E-mailed or discussed with other parents the importance of having classroom physical activity?					
Shared classroom activity programs (e.g., Brain Breaks) with school administrators and classroom teachers?					
Supported school participation in national recognition programs that can help provide professional development for staff? For example,					
<ul style="list-style-type: none"> Expressed interest in helping the school enroll in the Presidential Youth Fitness Program? 					
<ul style="list-style-type: none"> Signed up to champion the school's Let's Move! Active Schools team? 					
<ul style="list-style-type: none"> Encouraged administrators or physical education teachers to enroll in Let's Move! Active Schools if the school doesn't have a team? 					
Offered to help with school-wide initiatives to promote physical activity in the classrooms?					
Volunteered to lead classroom physical activity breaks in the classroom?					
Donated equipment to be used to support safe physical activity throughout the school day (e.g., in physical education classes, for recess, or for school playgrounds)?					
Helped raise money to support physical education and physical activity in schools?					

School-based Management of Chronic Health Conditions

Since you began using parent engagement strategies and resources, how often have parents:

	More often	Less often	About the same	Don't know	Not applicable
Shared evidence-based websites or written materials about chronic health conditions with teachers, nurses, and administrators?					
Worked with teachers and other staff to identify nonfood rewards for children with food allergies, thereby reducing exposure to allergens?					
Volunteered or provided leadership at school health events to educate staff and other families about chronic health conditions (e.g., diabetes, food allergies, or seizure disorders)?					
Participated in School Health Advisory Committees or Councils?					
Interacted with School Health Services to ask about individual health plans or emergency plans for their children who have chronic health conditions, and worked with their health care providers accordingly?					
Asked School Health or Student Counseling Services about insurance eligibility or potential referrals to community providers?					
Asked about district policies for students carrying and self-administering their medicines?					
Advocated for more School Health Services, including a registered nurse in every building?					